

CDC Vital Signs Cancer and Obesity

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Obesity is a leading cancer risk factor. Overweight and obesity are associated with at least 13 types of cancer. Unfortunately, two out of three adults in the United States weigh more than recommended. More than half of Americans don't know that overweight and obesity can increase their risk for cancer. Some states and communities provide support that can help people get to and keep a healthy weight. Activities include:

- Supporting comprehensive cancer control programs that focus on cancer prevention, education, screening, quality of care, and survivorship.
- Making it easier to choose healthy food options where people live, work, learn, and play.
- Building communities that make it safer and easier for people to be physically active.
- And partnering with business and civic leaders to make community changes that increase healthy eating and active living.

To learn more, visit [cdc.gov/vitalsigns](https://www.cdc.gov/vitalsigns).

[Announcer] For the most accurate health information, visit [cdc.gov](https://www.cdc.gov) or call 1-800-CDC-INFO.